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**DORRIDGE SURGERY NEWSLETTER**

**Autumn 2015**

AVENUE 3 ROAD

**Flu Vaccinations 2015**

**Saturday clinics are running on the 10th & 24th October and the 14th November this year. Running from 8am until 10.30am.**

### Dr Markham's Visit To Zambia

Thank you to everyone who has shown so much interest in my recent volunteering trip to Zambia.

The trip was a great success. There were 11 of us in our team, mainly 17-25 year olds plus me and my husband Richard (kindly referred to as mom and dad).

Zambia is a wonderful country with the most friendly, kind and hospitable people you could ever wish to meet. It is making great steps in reducing the burden of HIV by providing free anti-retroviral drugs and basic health care. It is also trying to improve the lives of its people by providing some free education.



We were volunteering with the charity TEARFUND and partnering in Zambia with a brilliant charity JCM. The charity has centres in every province in Zambia and does a variety of projects. It works to reduce poverty by rescuing children from the streets, trafficking and child labour. We helped in a transit centre where street children are rehabilitated with the aim to get them into school. Their families are helped so that they can return home eventually if possible. We also worked in community schools where children are rescued from child labour and educated in order to get them back into state education. In the last 10 years in one province of Zambia 4000 children have been successfully reintegrated into school. The charity also works with the parents to help them to be self-supporting so they do not require their children to work. The children were delightful, well behaved and enjoyed any learning opportunities provided for them.

We managed to fit in a 2 day trip to the Victoria falls, where many of the team did a bungee jump off the Livingstone Bridge (myself excluded). We were lucky enough to see elephants, crocodiles and hippos in Livingstone and had dinner at a restaurant where crocodile kebabs and pizza were on the menu.

I didn't get to practice much medicine in Zambia but it was a great learning experience and certainly makes one appreciate our NHS and our amazing standard of living compared with so many in our world who have so little.



A very warm welcome to Dr K McIntosh, Dr L El-Tahir and Dr M Meagher (pronounced Marr) who will be with the Surgery, for a period of time, as part of their training.



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 In conjunction with Dorridge Patients Participation Group



# PREVENTION IS BETTER THAN CURE!

## SHINGLES



## INFLUENZA

From September 1 2015 the shingles vaccine will be offered routinely to people aged 70 and 78. You become eligible for the vaccine on the first day of September 2015 after you've turned 70 or 78 and remain so until the last day of August 2016.

*In addition, anyone who was eligible for immunisation in the first two years of the programme but has not yet been vaccinated against shingles remains eligible until their 80th birthday. This includes:*

*people aged 71 and 72 on 1 September 2015*

*people aged 79*

**You can have the shingles vaccination at any time of year**

-o0o-

If you wish to have the shingles vaccine and you are not eligible for the NHS vaccination programme, you will usually need to visit a private clinic. Private vaccination is likely to cost £150-200.

Flu (also known as influenza) is a highly infectious illness caused by the flu virus. It spreads rapidly through small droplets coughed or sneezed into the air by an infected person. The flu vaccination is offered to people in at-risk groups. These people are at greater risk of developing serious complications if they catch flu, such as pregnant women and elderly people. Full details of the criteria are available on our website and a printed data sheet available from the Surgery. The dates for the flu vaccination sessions appear on the front cover of this newsletter.

### When can I have my flu vaccination?

**Saturday clinics are taking place on the 10th & 24th October, & the 14th November this year.** They will start at 8am, running until 10.30am. There is NO NEED TO BOOK, just show up, give the receptionist your name, & visit one of the GP's for your jab.

Please keep your eye out on our website, prescription slips & in the windows of the surgery for more information.

If you are fit and healthy and under the age of 65, we are not able to offer you a vaccination, but if you wish, you can go to a pharmacy and pay for a vaccination privately. These cost around £12.

Check your cold & flu symptoms with an app!

Sanofi Pasteur have produced a useful phone app (**for Apple iPad or phone only**) – it is free to download from iTunes. Search for **'flu vs cold'**.



**Did you know that you can leave a review of your experience with the surgery on NHS Choices? Type in [www.nhs.uk](http://www.nhs.uk), choose 'services near you', click on 'GP's' & type in our postcode B93 8LH. Then click on 'rate it yourself' for Dorridge Surgery. It'd be great to hear from you!!**



Members of your Patients Participation Group are involved in the organisation of exercise groups in the local area:

Firstly we have



Weekly Extend Classes commence

8th September 2015

And then we have



Weekly Tai Chi classes start

10th September 2015

And finally

## STRIDERS AND STROLLERS



**FOR MORE DETAILS ON ALL ACTIVITIES PLEASE SEE THE POSTERS ON THE SURGERY NOTICE BOARD AND THE LEFT HAND SIDE NAVIGATION BAR ON THE SURGERY WEB SITE.**

<http://www.Dorridgesurgery.co.uk>

### Spotlight on a Patient Participation Group Member



## Adelaide Yue

We have been very fortunate in the Dorridge Patients Participation Group to have had the involvement of up and coming members of the community in our group. Talented young people, who have a desire to be part of the Medical Profession in their future career. This is a vital involvement which at times reminds the more mature members of the way forward.

Adelaide, is one such person. She has lived in Dorridge for all of her life and has been a patient of the surgery for that time. Her desire to enter the Medical Profession is well on the way, she is studying A-level Biology, Chemistry, Mathematics and further Mathematics at King Edward V1 High School for Girls in Birmingham.

Adelaide is an accomplished pianist, which she enjoys immensely, and is involved in regular concerts at her School, also in her spare time; she is a volunteer at Sunrise Senior Living in Knowle, where she helps run activities for the residents.

To quote Adelaide "Joining the PPG has been a fantastic opportunity to gain an insight into how patients can express their opinions and help improve the surgery."